

LATEST NEWS EPITOMIZED

FROM TELEGRAPHIC REPORTS
THAT COVER THE WEEK'S
EVENTS.

OF MOST INTEREST

KEEPING THE READER POSTED
ON MOST IMPORTANT
CURRENT TOPICS.

Western Newspaper Union News Service.
ABOUT THE WAR.

During the week ended Dec. 7, ninety-two British officers were killed in France, 153 were wounded and twenty were reported missing.

British asserted Saturday that Teuton claim of complete rout in Poland is exaggerated, and the official Petrograd statement calls clashes nothing more than outpost affairs.

A dispatch to the Exchange Telegraph Company from Amsterdam says: "The Germans have evacuated Dixmude, but the report that the allies have taken Middelkerke is untrue."

A dispatch of the 20th from the St. Louis, Netherlands, says: "Violent fighting continues on the Yser. The fleet's guns are playing havoc in the German ranks. Trains filled with wounded are entering Bruges."

After some flares of excitement during last week, the situation in Europe has relaxed into very much the same condition from which it emerged before the raid on the British coast by the German vessels and before the "victory" of the Kaiser's men over the Russians in Poland.

WESTERN.

Two persons were killed and a number injured, three of them seriously, in a fire which destroyed a large rooming house in Terre Haute, Ind.

"If you are looking for a job, don't come to California." This warning was issued at Sacramento by the California commission on immigration and housing.

A little possum, scarcely larger than a kitten and equally as playful, is now the household pet of Police Lieut. R. L. Dorian of the Mobile, Ala., police department.

The thirty-eight unemployed men who were arrested at Seattle, Wash., for raiding a lunch room and a public market were charged with riot in warrants issued by the prosecuting attorney's office.

Joseph F. Smith, president of the Mormon church, became the real head of the entire sugar beet industry of Utah and adjoining states when he was elected president of the Amalgamated Sugar Company at Salt Lake City.

Maj. Gen. Hugh L. Scott, chief of staff, U. S. A., is making his hurried trip to Naco to "ask the gentlemen in Mexico to move their war a little farther south, so it will not annoy the Americans there."

Directing that his body be burned and "the ashes spread upon the greenward from whence they came," the will of the late Prof. Samuel Benedict Christy of the University of California who died Nov. 30 was filed at Oakland.

A grand jury at Roseburg, Ore., returned an indictment charging Roy Faruham with a statutory crime against Edna Morgan, fifteen years old. Faruham was charged by a coroner's jury last week with having murdered the girl and burned her body.

WASHINGTON.

By virtually a unanimous vote the Senate rejected the nomination of W. N. Collins to be postmaster at Kansas City, Mo.

Brig. Gen. Charles Morton, U. S. A., retired, died at a Washington hospital after a brief illness, of pneumonia. He was 69 years old.

President Wilson nominated Otto F. Helne, Lahaina, Hawaii; Henry K. Pierson, Wahiula, Hawaii, and Hugh A. Nolan, Everett, Wash., as postmasters.

There are forty-four persons in the United States with a net income of a million dollars a year or more, according to a complete compilation of income tax returns in the annual report of the commissioner of internal revenue. The report shows \$57,593 individuals have paid taxes aggregating \$27,533,535.

John Callan O'Loughlin, an American newspaper man who accompanied the Christmas ship Jason with gifts for children of the warring nations of Europe, has been decorated with the grand cross of the Order of Francis Joseph, by the Austrian Emperor, according to dispatches to the embassy at Washington.

The federal reserve board is an independent government body not under any department, according to an opinion by Attorney General Gregory received by Secretary McAdoo.

Secretary Redfield began an inquiry into ocean transportation rates to determine how far they have been advanced since July 1, 1914. His action is based upon a Senate resolution.

Pollution of the Great Lakes and tributary rivers is becoming a serious menace to health, according to the annual report of Surgeon General Rupert Blue of the public health service.

FOREIGN.

Sir John Barker, the millionaire department store owner, died in London. He was 72 years old.

Germany is sending large numbers of Russian prisoners to Schleswig-Holstein to work in the reclamation and cultivation of marsh land.

The German Emperor has completely recovered and returned to the front, according to an announcement from the Berlin main headquarters transmitted through Amsterdam to Reuters Telegram Company.

It is officially announced in London that Prince Hussain Kemal has been appointed to succeed the Khedive of Egypt, Abbas Hilmi. Prince Hussain Kemal will take the title of Sultan. The new Sultan is an uncle of Abbas Hilmi.

Sunday was "Belgium Day" in Paris and 3,000,000 miniature Belgian flags decorated the coats of the population. All persons received the emblem after they had made contributions to the collection boxes carried through the streets by ten thousand girls.

The British steamer Tritonia of the Donaldson line struck a mine off the north coast of Ireland Saturday morning and is believed to have foundered, according to an announcement made by the admiralty. The crew of the steamer was saved. The Tritonia, which was of 2,720 tons, was bound from Partington for St. Johns, N. B.

The troops and police at many places in Italy were called upon to keep down riotous demonstrations against Austria at celebrations of the anniversary of the death of Radical Leader Oberdan, who organized the unsuccessful plot to assassinate Emperor Francis Joseph in Trieste in 1852 and was put to death for it.

A dispatch to Reuters Telegram Company from Constantinople by way of Amsterdam gives the gist of the speech from the throne by Sultan Mehmed V at the opening of the Turkish Parliament. The Sultan announced that he was forced to declare war when the Russian fleet attacked the Turkish fleet in the Black sea and England and France began actual hostilities by sending troops to the Turkish frontiers.

SPORT.

Kid McCoy and Anton Lagriva, both of San Francisco, fought a four-round draw at Reno, Nev.

The directors of the Pacific Coast baseball league decided at San Francisco to take Salt Lake City into the league in place of Sacramento.

The Wisconsin Boxing Commission ruled against the granting of a permit to a Milwaukee boxing club for a proposed bout between Sam Langford and Sam McVey, negro heavyweights, early in January.

Antonio Sarrero of Grand Junction, Colo., hero of the Juarez bull-ring and at one time the most popular matador in Spain, has turned his back on truck farming and returned to the fierce triumphs of bullfighting.

The annual meeting of the Santa Fé Racing Association, which controls the racing circuit in the Arkansas valley and the southern part of Colorado, will be held in Rocky Ford Tuesday, Jan. 12, at which time officers will be chosen, the dates for the circuit of 1915 arranged and other business transacted.

GENERAL.

Otto Eisenlohr, a widely known cigar manufacturer, died at his home in Philadelphia. He was seventy-three years old.

Princeton university may have a course of military instruction during the second term, if the plans now under way take definite shape.

A new effort to save the life of Leo M. Frank, sentenced to be hanged Jan. 23 for the murder of Mary Phagan, was begun in Federal District Court at Atlanta, Ga.

Compulsory military education for students was condemned at Madison, Wis., in the report of the University of Wisconsin survey, conducted by William H. Allen of New York.

"Kansas City is in the league to stay; there will be no changes in the circuit," declared President James A. Gilmore during a meeting of the Federal League executive committee at Chicago.

Francis T. A. Junkin, for twenty years general counsel for the Atchafalaya, Topeka & Santa Fé railroad, resigned at Chicago in order, he explained, to devote more time to travel and to special work.

Six trained lions escaped from their cage on the stage of an East Eighty-sixth street vaudeville theater in New York, and bounding into the audience, consisting principally of women and children, created a panic.

Portland is at present the highest primary wheat market in the world. For bluestem \$1.22½ was offered and refused, the holders demanding \$1.25. This is for immediate delivery. For May the asking price is \$1.30.

Eugene Zimmerman, former president of the Cincinnati, Hamilton and Dayton railroad and wealthy financier of Cincinnati, died suddenly from hemorrhage of the lungs. Zimmerman was the father of the duchess of Manchester.

"The initiative, the referendum and the recall are a complete negation of the representative system established by the Pilgrims and Puritans," declared former President William H. Taft in an address at the annual dinner of the New England Society of Detroit.

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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VIM IS THE POWDER OF SUCCESS.

There is no other success quality excepting honesty which is more in demand today in all lines of human endeavor than vim. Everybody believes in it; everywhere we hear:

"Give us a man who can do something; a man who has push; a man with iron in his blood." Ability is worthless without the power to put it into action. Resolutions, however good, are useless without the energy necessary to carry them out. Push clears the track; people get out of the way of an energetic man. "Energy is what wins. Many men fail to reach the mark because the powder in them is not proportioned to the bullet." More men fail to attain success in life from lack of energy—that force which achieves, accomplishes, pushes its way through obstacles—than from almost anything else.

No matter how much ability a young man may have, or how clever, courteous or amiable he may be, if he lacks energy, the powder of success, he never accomplishes much. There is no success in weakness, no victory in the uncertain step, hesitating will, lagging hand, or languid brain of an exhausted man. Even small ability with great energy will accomplish more than the greatest ability without energy. If fired from a gun with sufficient velocity a tallow candle can be shot through an inch board.

He who is hampered by depleted vitality is constantly losing opportunities, because he lacks strength to grasp them, to hold on to them, and to use them. He is forced behind and sees men who have not half his mental capacity, but who have strong physiques and all their power intact, forge ahead of him and seize the prizes. The great problem, then, which everyone has to face is how to generate energy, how to conserve it, and how to keep oneself always at the top of his condition.

When ever you are angry or feel like grumbling or putting—whenever you are gloomy, fretful or morose—you are consuming your energy, wasting your vitality, and opening the sluiceways in your mental reservoir, instead of sending the power over the wheel to drive the mental machinery. Everything which frets, chafes, rasps or brings inharmonious into life is a vitality-waster. Whatever brings discord into the nervous system destroys power. Friction is a deadly foe to happiness and success. It grinds away the delicate bearings of life's machinery without doing any good or increasing any value. To free life from friction, to lubricate all the faculties and to stop all the leaks of energy is the first duty to oneself and to others.

Millions of people have made miserable failures in life by letting this precious energy, which might have made them successful, slip away from them in foolish living and silly dissipation. Much of the worst kind of energy-dissipation is not what is commonly called "immoral." It is often the result of ignorance, carelessness, or neglect; but it is dissipation, all the same.

If you would make your mark in the world, and do your part in advancing civilization, you must cut off everything which is an energy-waster or success-killer. Do not do anything or touch anything which will lower your vitality. Always ask yourself, "What is there in this thing I am going to do which will add to my life-work, which will increase my power, keep me in a more superb condition, and make me more efficient in the service of humanity?"

WORKING WITH DULL TOOLS.

I criticized a carpenter working for me recently for using dull tools. He excused himself by saying that he had been too busy to sharpen them. He had been working for weeks with a full saw and with a plane which had notches in it, leaving ugly ridges on the boards he was planing. This man had probably wasted more time in working with dull tools than he would have taken to sharpen them several times, to say nothing of the inferior work he was turning out.

There are multitudes of people who never do good work because they never prepare for it, never put themselves in a position to do good work—they never sharpened their tools; never trained themselves for it, and they go through life botching their jobs.

Every youth should put himself in superb condition to make his life a success. He should prepare himself to do the best work of which he is capable.

One great reason why so many people make botches of their lives is because they didn't start right, they never learned their life trade. It does not matter what a youth decides to do in life, he should endeavor to be an expert in it, an artist instead of an artisan.

Our intelligence offices are constantly filled with people, no matter how good the times, who have never half learned to do any particular thing, never learned any trade. The great majority of house servants do domestic work because they never learned to do anything else, and this was about the only thing they could do without special preparation.

How often we see men who spend most of their lives as day laborers working on the street, on railroads and ships, on farms, in all sorts of places, where they get only very small wages, who have the natural ability to do something infinitely better and to earn many times as much money, but they never learned to do anything in particular, and so they drifted into the only positions they could fill without special preparation.

On the other hand, there are a great many who are in a position to prepare for their chosen lifework, who destroy all their chances of success by overdoing or by neglecting the laws of health. Through ignorance, indifference or carelessness their faculties, their tools, are so dulled that they are unable to do what they long to.

How often we see young people starting in life with great ambitions to make a place for themselves in the world and to do something worth while, and yet they are ruining the possibility of their doing anything very important by ignoring the laws of health, in all sorts of ways lowering their physical standards, devitalizing themselves so that they do not have sufficient force for any great accomplishment. The very thing that they are most dependent upon for attaining their object, a strong and vigorous vitality, they sacrifice.

One can accomplish wonderful things with no other capital than robust health and the determination to make something of oneself, but no matter how much ambition one has, if he devitalizes himself, if he ruins his health by vicious habits, devitalizes himself by an abnormal or irregular life, he knows that his only chance of accomplishing anything very important is gone.

Everything a man does gravitates to his physical condition. All of his physical defects, physical weaknesses, will reappear in whatever he does, and his mental condition will always harmonize with his physical state.

Plenty of good people who are capable of doing good work do very poor work because they do not keep themselves in a condition to bring out the best thing that is in them. Unless a man has kept his tools sharp, kept himself at the top of his condition, the best that is in him will not respond to his efforts. He may be satisfied with even a second or third best if his physical standards are down, if he is devitalized by violating the laws of existence or by irregularities of living.

The stream cannot rise higher than its fountain head. If the physical condition is low, if one is devitalized, his ambition suffers, his ideals are cloudy, his energies lag, his work is poor.

Dispel All Doubt.

Speaking of the unsophisticated the other night, Congressman Robert L. Henry of Texas related how a young wife went to a butcher shop to buy a turkey.

The price named for the bird, the congressman said, was 25 cents a pound, whereas the young wife hesitated.

"Isn't 25 cents rather high?" she timidly queried. "If I remember rightly, the price across the way is 23 cents."

"With the feet on, I suppose," was the quick response of the butcher.

"No," hesitatingly returned the customer, "I think the feet were cut off."

"That's just what I thought!" was the confident declaration of the butcher, as he began to wrap up the bird. "When we sell a turkey, madam, we sell feet and all!"—Philadelphia Telegraph.

The Blind Need Windows.

Light has use, even if men cannot or will not see it. Baring-Gould tells of an institution for the blind that was built in England without windows. "Why," argued the committee, "should we provide windows for those that cannot see out of them?" So scientific ventilation and heating were provided, but the walls were left unplastered by any pane of glass. But soon the poor inmates grew pale, and a great languor fell upon them. They fell sick, and one or two died. Then it was that the committee decided to open windows in the walls. In came the healing light, and the human plants responded to it at once in revived spirits, ruddy cheeks and restored health. Light is good, the Light of the World is good, even for those who shut their eyes.—Christian Herald.

As to Kissing.

The kings and high officials of Europe, when they meet, always embrace and kiss each other, no matter what their relations have been in the past or may be in the immediate future. This is a kiss of respect. It may be given on the lips, the cheek, the brow or the beard and is nicely adjusted, according to the age and rank of the giver. From this close personal contact it passes through many forms; kissing the hand, parts of the clothing and even the ground trodden upon, according to the idea of respect or fear inspiring the one who performs the act.—Christian Herald.

Slighted.

"I saw Blobson out this morning with his wife and her dog."

"Was he trailing behind his wife and her dog?"

"Why, no."

"I guess she was making a concession for the sake of appearances. That is his usual status at home."

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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THE RADIOACTIVE ELEMENTS.

The discovery of the X-ray by Professor Roentgen in 1895 familiarized the minds of men with a type of radiation invisible to the unaided eye but able to traverse opaque objects and affect a photographic plate behind them. It had long been known that certain substances exposed to sunshine afterwards glow in the dark, a property known as phosphorescence, and it had been discovered that the X-ray developed these same qualities in these substances. This led to experiments to see if similar types of rays were not produced in other ways.

Like many other great discoveries, the culmination of the search owed something to luck or accident. Henri Becquerel in Paris in 1896 chanced to use a piece of uranium and discovered in compounds of that element emanations closely allied to the X-ray in their general nature, a property we now call radioactivity. These new radiations in varying extent pass through all matter quite independent of whether it is opaque or transparent to light. In addition to the properties possessed by light of acting on a photographic plate and of causing certain substances, like the platinum cyanides, to fluoresce, the new radiations resembled the X-rays also in "ionizing" the air and other gases, rendering them for the time being partial conductors of electricity.

The pioneer in developments on the chemical side was Mme. Curie, who, with her husband, isolated radium and polonium. Other investigators following these lines developed some thirty individual radio elements. As a result of experiments, observations and deductions, we are beginning to suspect that there exists in every form of matter the process of its own decay, and this suspicion is gradually crystallizing into a belief, a new philosophy, a philosophy destined profoundly to influence the thoughts and actions of future generations of men.

The emanations from radioactive elements have been classed as alpha, beta and gamma rays, and are distinguished by enormous differences in power of penetration. The alpha rays have been shown to be atoms of helium carrying an electrical charge, and shooting out from radioactive materials in the course of their disintegration. The alpha rays of radium are distinguishable in penetrating power from the alpha rays of Uranium and from Thorium, but the differences among alpha rays as a class are small and unimportant, relatively compared to the enormous differences between any alpha ray and a beta or a gamma ray.

The most penetrating alpha ray known is not more than twice as penetrating as the least penetrating alpha ray known, but beta rays as a class are 100 times more penetrating than alpha rays and the gamma rays in turn are fully 100 times more penetrating than the beta rays as a class. Alpha rays are completely absorbed by thin screens of paper or a few inches of air, while beta rays pass through a visiting card or ordinary tin foil with ease. But Soddy shows that a gamma ray will penetrate one-half inch of steel or a stack of twelve pennies, six inches of lead or one foot of solid iron.

The compound microscope became an efficient weapon of scientific truth about 1830, and in 1839 Schwann demonstrated that "all the higher animals are commonwealths of cells." In 1858 Virchow published his epoch-making work on cellular pathology and demonstrated that "every animal presents itself as a sum of vital entities, every one of which manifests all the characteristics of life." All living creatures, whether trees, microbes or men, were shown to be either single cells or colonies of cells, and all cells were shown to be composed of the same material, "protoplasm."

Every human individual begins life as a single cell about a hundred and twentieth of an inch in diameter and in the brief period of forty weeks attains an average weight of approximately seven pounds. After birth there ensues a period of growth. Growth is not a simple augmentation of volume, but an alteration in form and type.

For instance, if we compare the skeleton of a new-born child with that of an adult, we discover vast differences between the relative proportions of the different parts. The child's head is enormously larger than that of the adult in proportion to its stature and the chest measure also is markedly greater in the child. These facts imply the presence of some check, a balance wheel or growth regulator. It is easy to understand that anything that will throw these growth regulation factors out of gear must produce grave results and in the extraordinary increase in the mortality from cancer we have the results of such a disturbance.

The power of human resistance to

this disease seems to be steadily declining. In Massachusetts and New Jersey and in sixteen American cities the government reports indicate that mortality from cancer has increased 100 per cent since 1880, and during the ten years from 1901 to 1911 it has increased 25 per cent. Cancer costs the United States about 75,000 lives annually and the rate in the registration area per 100,000 in 1911 was 78; in England and Wales it was 97. But among the colored population in the United States it was but 57.

There is a deep significance to many minds in all the foregoing facts, and men everywhere are searching for the key to the riddle, and some day, half by chance perhaps, it will be found.

A WORD ABOUT CANCER.

United States government reports show that during the ten years preceding 1911 the population of this country increased 21 per cent. During this period the death rate per 100,000 from cancer increased 30 per cent among males and 23 per cent among females. "The extraordinary increase in the mortality due to cancer in this and other countries has long since raised that malady to the proportions of a great plague," says an authority who wrote on this subject recently. "The power of human resistance to this disease seems to be steadily declining." He then proceeds to predict that at the present rate of increase in another 25 years cancer will cause more deaths than tuberculosis, typhoid fever and malaria combined.

Scientists throughout the world are diligently searching for the cause of this fearful scourge of mankind, in order that a specific preventive and cure may be found. Meanwhile every individual should be informed that cancer is to a large degree preventable if we will but apply the knowledge we already possess to guard against it.

There are many theories as to the cause of cancer, the most logical one being that advanced by a group of microscopists working along biological lines. The basis of this theory is that cancer is a state of anarchy within the body. To be able to grasp the theory and also to understand why the X-ray is at all effective in cases of cancer it is necessary to have a thorough comprehension of the proposition advanced by Virchow in 1858, which I have noted in a previous article; namely, that each one of the cells composing the human body is a distinct individual possessed of all the characteristics of life. That is to say, every reader of this article is composed of many billions of individuals, each having all the powers and faculties that the reader is conscious of possessing and differing in no way save in degree. Every living thing is constructed of these same individual cells, composed of the same protoplasm, and differs only in organization.

According to the above mentioned theory of cancer, for some reason one of these individual cells declares its independence of all the rest of the body, refuses longer to co-operate and goes on strike. We do not know whether the body makes any effort to cast the striker out of the community or not; but however that may be the unruly cell proceeds to proliferate—that is to say, it multiplies by dividing, one cell splitting into two, the two into four, the four into eight and so on, thus multiplying beyond all normal limitations and so, growing unobtrusively, wrecks the entire organism.

It is during the first few years and more particularly during the first year of life that the highest human mortality takes place. The newly proliferated cells are not thoroughly organized and the entire organism is therefore weak and unstable. Ordinarily we do not think of working young children or animals, because we know that their tissues are soft and therefore that they may very easily be broken down and ruined; but at maturity we know there is a more perfect organization, the cells are more fixed, stable and adaptable and are therefore highly resistant. This fact forms the basis for the action of the X-rays on cancer.

There is no remedy known to medicine that has a selective influence, there is nothing that can be put into these bodies of ours that will drive disease out and not touch healthy tissues. But, depending on the state of the individual cell vitality, tissues react differently to the same influence; hence tissues having marked power of proliferation are necessarily composed of masses of these young or "juvenile" cells and are of course vastly more susceptible to any influence than are the more fully formed and stable "adult" cells which may often remain unchanged for years.

An "anarchist cell" finds a favorable location and proceeds to proliferate; that is to say, it multiplies by division, as all the somatic cells do, and these young and weak cells form what is technically known as "juvenile" tissue within the more stable, older, or "adult" tissue of the organ in which the cancerous process is taking place. If now the "hard," very penetrating rays of the X-ray are turned upon this diseased area one of two things takes place—either the short, sharp oscillations, which we have noted approximate more than 300,000,000,000 per second, shake these weak "juvenile" cells into a healthful reaction, or they destroy them as a dog kills a rat by shaking it, and the healthy cells are stimulated by the light.